



Encouraging smarter eating

Will schools in Waterloo Region begin following the healthy eating trend?

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SPOKE

A learning newsroom for journalism students

Responsible gambling

Be aware of the highs and lows of online gambling.

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CSI elections

Who will become your new prez and VP? Get to know the potential candidates.

News 3

Tuesday, February 19, 2008

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

40th Year — No. 7



(Photos by Holly Featherstone)

Elaborate displays at the Kitchener Public Library convey the importance of Black History Month in the region. The library will host a speech competition for accomplished black citizens in the community today and a panel presentation on funding post-secondary education for black youth tomorrow.

Celebrate Black History Month

By WEI-LON LEE

Did you know that Feb. 6 was Bob Marley Day?

Feb. 6 was officially designated by Toronto Mayor David Miller this year as a day of celebration in remembrance of the late, great reggae artist in conjunction with February's Black History Month.

"Black History Month is about recognition, to recognize the different contributions that black people of all different nationalities have made to Canadian history," said Loris DaCosta, president of the Caribbean Canadian Association of Waterloo Region.

Black History Month was originally established in 1976 by African-Americans as a way of celebrating and including black history into American history.

"Much of the history taught in American and Canadian history books about the blacks have been one of inferiority and exclusion," said DaCosta.

What Black History Month aims to do is to bring another perspective, one that is seen through the eyes of Afro-Canadians, she said.

"But Black History Month should not be limited to just a month," said DaCosta. "Black history is also Canadian history."

The former Concordia University alumnus said though black history strives for inclusiveness, it is also about diversity and expressing one's ethnicity.

"Many of us come from different countries, some come from Africa, some from Latin America and some come from Europe, but we are all united by the common bond of our experiences," she said.

The Jamaican native also believes education is a vital part of Black History Month.

"Kids today all know about the latest rap singers and black entertainers, but how many of them know about black inventors, black scientists and pioneers of science? Not many," she said.

One of the aims of Black History Month is to underline the harms of racial prejudice and racial stereotyping and to cultivate black self-esteem following centuries of socio-economic suppression.

Part of the problem is that racial discrimination is not always as visible as people think, said DaCosta.

"It could be a case of people taking your ideas less seriously because of your race or ethnicity, which is not always easily detectable," she said.

The Waterloo resident of 26 years said she has had

plenty of experiences with these "intellectual discriminations."

"At work, sometimes people would pass over my suggestions or dismiss my ideas," said DaCosta. "After awhile, you start to contribute less."

However, DaCosta doesn't believe discrimination is a valid excuse in the Toronto District School Board's approval of the city's first Afrocentric public school.

"I don't think creating a separate school for black kids is going to solve the problem of the high rate of dropouts," she said.

The problem is that the provincial educational system is no longer responsive to the needs of students, said DaCosta.

"When I was in high school, if you weren't passing classes, there would always be someone, either a teacher, a schoolmate or an adviser who would let your parents know about it and try to help you," said DaCosta.

But one thing the controversy has accomplished is finally getting the attention of Premier Dalton McGuinty. The premier has finally admitted that our school system needs some kind of reform, which they've been talking about for years," she said.

UPCOMING EVENTS:

• **Play:** Bubbling Brown Sugar will be held at the Registry Theatre, 122 Frederick St., Kitchener on Feb. 21, 22 and 23 at 7 p.m. Tickets are \$25 and are available at the Centre in the Square box office. For more information, visit www.centre-square.com

• **Cultural show, dance, food:** "Reinventing one's self in a new environment" will be held on Saturday, Feb. 23 from 6 to 10 p.m. at the Kitchener City Hall Rotunda. Tickets are \$10.

• **The Caribbean cultural art & cultural display** will be held on Feb. 23 from 7 to 9 p.m. Location TBA. Call 519-740-0901 for more information.

• **Words Worth Books annual Black History Month event** will be held on Thursday, February 28, 7:30 p.m. at the Great Hall of Luther Village Sunshine Centre in Waterloo. Tickets are \$10 at the door. All proceeds are donated to Productions Cooperatives Haiti.

Gaming banned in open access labs

By JENN SPRACH

Playing Halo or poker is a thing of the past in the open access labs.

Students may have already received an e-mail, saw the signs in the open access labs or noticed the message attached to their login that says gaming is not allowed in the computer labs.

While gaming has never been allowed, it has been overlooked in the past because it has never been a problem.

Computer services began getting complaints last year from students and faculty about not being able to find available computers.

They began monitoring the situation and by the fall, gaming in the open access labs had become an epidemic, said Richard Gibson, the college's chief information officer.

"There are about 200 computers in the open access labs and LRC and it's a struggle to find more space."

The labs are full and there's a ton of people playing games, said Gibson.

"It doesn't tend to be individuals; it tends to be groups for prolonged periods of time."

It's interfering with other students' ability to do their work. The students who need a computer can't find one because too many people are playing games.

"It's time to do something about it," said Gibson.

Computer services has taken action, beginning with notifying the students of the rule through an e-mail, login messages and signs.

"We're trying to be fair by communicating with the students."

If students choose to ignore the warnings, penalties have been put in place.

For a first offence a student will receive a warning.

A second offence will result in a student losing his or her network access for one day.



(Photo by Jenn Sprach)

Signs have been posted in the open access labs to inform students of the rule now being enforced.

By the third offence students will be written up for a code of conduct infraction and will have to meet with the chair of their program.

"Being written up for a code of conduct is pretty severe," said Gibson. It stays on a student's permanent record.

While computer services staff can't monitor all the labs in the college they are always walking around, keeping an eye out.

Computer services staff and lab monitors will be conducting walk-throughs of labs looking for gaming.

"Our definition of a game is any game including solitaire," he said.

If students are caught they will be given an incident form which has the computer number attached to it.

Staff in the information technology department can link the computer number to the student's login and he or she will be penalized.

"We don't want to penalize anyone, we want to change behaviour," said Gibson.

If students just stop gaming but turn to Facebook or YouTube instead, computer services may have to monitor that in the future.

"Overall, we are trying to make better use of the resources. The computers were paid for by students to use for academic programs," said Gibson. "I'm very supportive of what we've done here."



(Photo by Jenn Sprach)

Andrew Marty, a first-year architectural millwork student, plays Halo in the open access lab before the no gaming ban.

Now deep thoughts ...with Conestoga College

Random questions answered by random students

What are your plans for reading week?



"I plan to do an internship and get work experience ... or sleep."

Andrew Geddes-Thurnell,
second-year
broadcast radio

"Relaxing, tying up loose ends, visiting family."

Jett Kirkpatrick,
first-year
automotive transportation



"I want cookies. I'm going to bake cookies."

Mike Bisson,
second-year
police foundations



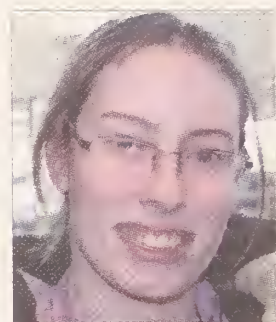
"I'm going skiing in B.C. I'm excited."

Devon Fowler,
second-year
general arts and science



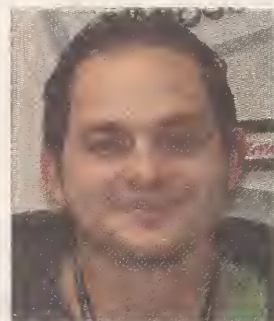
"I'm going up north to Sault Ste. Marie to visit family."

Meghan Campbell,
second-year
general arts and science



"Stacking up hours, basically working and doing some stress-releasing activities."

Sam Toma,
first-year
law and security



Smile Conestoga, you could be our next respondent!

Waterloo Region to improve ambulance response times

By JENNIFER MARKO

Waterloo Region has an ambulance response time slower than most Ontario municipalities.

In a recent report Waterloo Region was shown to have Ontario's second slowest ambulance response time.

Fifteen municipalities across the province were scrutinized, including London-Middlesex, Ottawa and Sarnia-Lambton.

John Prno is the director of local ambulance service. He says that Waterloo Region has been under-resourced for quite some time and that wasn't taken into account in the report.

However, he doesn't think that's the only reason there is a slower response time.

"We have the lowest number of calls," says Prno. "Waterloo Region has a younger, healthier population right now."

He says they will be adding another response team.

"We've been working on a 25-year master plan for issues like this," he says. "As the population ages, we'll have to add more teams."

Council has also set aside \$1.5 million for the master plan.

Currently Waterloo Region's ambulance response times have been as long as 12 minutes, but the average response time is nine minutes.

"This isn't new news to us," says Prno. "We've been working on this for a long time."

Prno says everyone wants great ambulance service, but they also want great transit, garbage to be picked up every week and police patrolling the streets.

"Council decides where to put the money," he says. "There's a lot that needs funding."

First-year social services student Rebecca Thomson says she thinks Waterloo Region should be working hard to improve their response time.

"I think that it's unacceptable to have slower response times for those with emergencies," she says.

Thomson says she doesn't feel as safe knowing we have the second slowest response time.

"In the summer I had to call an ambulance for a family member and it seemed to take forever for them to arrive," says Thomson. "Luckily the situation was not worsened by the waiting time, but I'm worried about what would've happened if we needed emergency services faster."

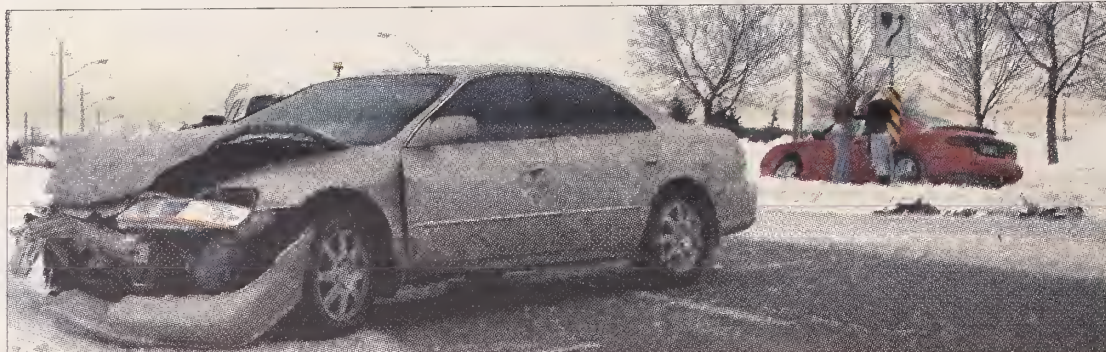
First-year nursing student Shayla McConachie says it's scary to know Waterloo Region had the second slowest response time.

"If at all possible they should definitely figure out what is slowing them down and try to increase their time."

"In a life or death situation where seconds could mean the difference I don't think I would feel safe knowing that the people coming to help me have the second slowest response time," she says. "Anyone in that situation would want help to come as fast as possible and if you or your family were harmed and it took help a long time to arrive you may question how much this service truly cares about the lives of others."

McConachie says she knows the response time isn't a result of not caring because as a nursing student she knows that anyone going into the health field has to truly want to help others. She says the teams do care about the people living in Waterloo Region but the response time needs to be improved.

"In these types of situations the people in need of assistance may lose hope in their service," she says.



(Photo by Jenn Sprach)

Weather woes

A two-car crash on Doon Valley Drive caused airbags to deploy and left debris scattered all over the road. No one was injured in the Feb. 12 accident but both vehicles were badly damaged.

COUNSELLOR'S CORNER: Coming Out

Everyone has a sexual orientation. We may feel attracted - emotionally and physically - to someone of the opposite sex, someone of the same sex, or to people of both sexes. Sometimes, we may even feel as though we are a gender different from that of our birth - and then feel confused about our attractions to others and our choices for a partner. Conservative estimates suggest that one in ten people are gay, lesbian, bisexual, or transgendered. Typically, while heterosexual people participate in dating throughout adolescence, people of an alternative sexual orientation may begin to explore their sexuality only after they have left the formative years, their family, hometown, or previous personal identity.

Some people make the transition in coming out smoothly: accepting one's sexuality may feel like a period of finally "coming home." However, for others it is a task filled with pain, self-loathing and lack of support. This may be complicated by feelings contrary to messages received while growing up, one's definition of "normal," or one's religious upbringing.

Gay, lesbian, bisexual, and transgendered people need a supportive environment that nurtures positive feelings about their sexual orientation. The road to understanding, accepting, and celebrating one's sexual orientation often cannot be traveled alone. If you are confused about your sexuality, need support, or would like to know of resources available in the community and at the College, counsellors in Counselling Services can help.

A Message from Counselling Services, 1A103.

New CSI leaders to be elected today

By JOHN LINLEY

The Conestoga Students Inc. board of directors will be voting today to elect the CSI president and vice-president for next year.

The names of candidates were not available as of press time, but any of the current directors are eligible.

The positions are full time for one year, and the students elected must have received a passing grade the previous semester.

Board members vote for the CSI president and vice-president instead of the student body because they are choosing their own representative, the people who will speak on their behalf and be seen as the figurehead of CSI.

At a selection meeting today candidates get to speak to board members and try to show why they should receive each member's vote.

This year's president, Roxy

Stanciu, says the meeting was her most challenging moment.

"The election night was one of the most high pressure situations I had ever encountered," she said. "But I gave it my very best and succeeded."

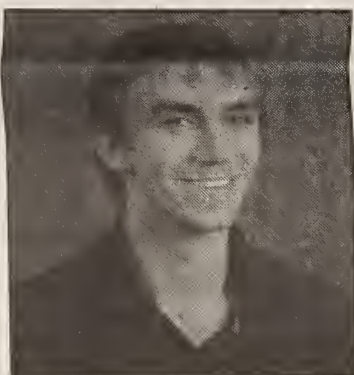
The candidates have a maximum of 15 minutes to present a speech to the board, and will not be present for the other candidate's speeches.

There will then be a 60-minute question and answer period for all the candidates.

After the candidates have left the room, the board members who are not running will then vote to see who is appointed to the two positions.

Stanciu said during her time as CSI president she learned about the world of politics and what it means to be part of an organization you truly believe in.

"I learned what it means to be a true and dedicated member of your community,"



Zack Luft

Most Challenging Moment on CSI: Working with such a diverse group of people

has proven to be a challenge because everyone's personality is different and that can create conflict.

Most Rewarding Moment on CSI: It would be hard to name just one moment as the most rewarding because the entire experience was gratifying. Everything from the Toga Party to Help Dany Day made CSI a worthwhile endeavour.

What I learned during my time on CSI: This position has helped me develop many great friendships that will hopefully carry on for many years to come.



Jenny Watson

Most Challenging Moment on CSI: There are many unpredictable challenges

on a daily basis, but these challenges are opportunities for growth. There were a lot of answers I did not know at the beginning of the year. I have been able to pursue and learn through these challenges.

Most Rewarding Moment on CSI: Every moment I am helping out is rewarding. My most memorable moment within CSI is co-ordinating the check yourself campaign. When I saw the turnout at the advanced polls and realized the awareness I had created I felt proud.

What I learned during my time on CSI: I realized how important teamwork is. I gained more than friends this year, I gained a family.

Possible Candidates



Nicole DeSousa

Most Challenging Moment on CSI: Introducing myself and interacting with hundreds of students at orientation. It turned out to be a blast!

Most Rewarding Moment on CSI: Being a part of raising money for Help Dany Day. It was awesome to help pull the community together for someone in need.

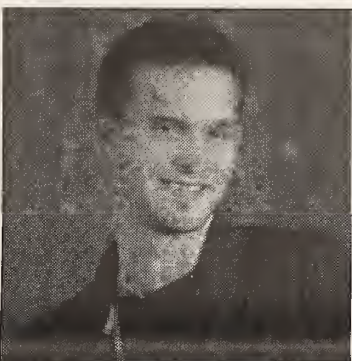
What I learned during my time on CSI: I learned that I love to help people in any way possible whether it's academic or trying to help everyone have a good time.

Will Pham

Most Challenging Moment on CSI: Dealing with co-workers and adapting to the work environment.

Most Rewarding Moment on CSI: Helping students and getting them involved in school events.

What I learned during my time on CSI: I gained a lot of networking opportunities and met a lot of new and important people.



Ross Ware

Most Challenging Moment on CSI: Finding ways to rearrange my schedule to meet school, work and CSI obligations.

Most Rewarding Moment on CSI: Being part of a board that plans strategically for the future, not just here and now.

What I learned during my time on CSI: I have learned to make decisions as a group and stand behind a decision made as a board.

Sheena Sonser

Most Challenging Moment on CSI: Learning to lead and motivate the board members with different personalities.

Most Rewarding Moment on CSI: Working with a team that makes strategic decisions to improve the college experience for current students and future students.

What I learned during my time on CSI: I have learned the importance of working together as a team unit.



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StudentLife

Afghan mission a quandary

As we embark on a restful reading week, a six-year-old Canadian diplomatic mandate will continue to occupy media headlines.

The mission in Afghanistan, named Athena, is comprised of 2,000 Canadian soldiers deployed in the southern Afghanistan province of Kandahar.

The military operation's principle aims include defending the area from Taliban insurgency and training the domestic security forces to oversee the safety, stability and reform of social, political and economic sectors.

Thus far, the mission has claimed the lives of 77 of our troops, a figure that illustrates the grim reality of such an undertaking.

The death toll has led to the realization that the mission's objectives need to be addressed.

As the Harper administration and the Liberal opposition continue to grandstand, Parliament Hill is preparing for a motion which will decide the fate of our troops stationed in a province destroyed by insurgency abuse.

The primary issue of concern is, does Canada extend its staunch servitude in Afghanistan past the current 2011 mandate, bolstered by a potential 1,000-strong security assistance force, or does it stay the course in a non-combative guise? Or, conversely, do we repeal the mission and withdraw our troops.

This issue will conclude in March when Prime Minister Stephen Harper puts it forth as a confidence voting item.

Prior to the motion announcement Feb. 6, we witnessed Liberal leader Stéphane Dion's purported insistence that Canada halt its combative efforts by the projected date. The mission has long been a divisive topic among the Liberal caucus.

Harper's appointment of former Liberal deputy prime minister John Manley to assess the mission didn't help matters. Manley's report, released Jan. 22, states that in order to secure the mission, 1,000 NATO reinforcement troops must be assigned and an increased arsenal of surveillance vehicles be deployed.

His report has since been rebuked by aid groups as lacking a course of action for ensuring the development of greater humanitarian projects, such as reconstruction.

Though the troops are currently engaged alongside the Canadian International Development Agency and its efforts, the question that arises is should the troops share the role of the aid agencies or should they continue the combative status quo to ensure the initiatives of foreign aid agencies are efficiently and safely executed?

Furthermore, does the combative role of our troops merely serve to exacerbate the conditions for Taliban insurrection or is it imperative in the interests of training the Afghan security forces?

Is the constant political diatribe and pre-election posturing merely shrouding the marrow of the mission?

Whatever is decided in March, let us hope our politicians come together in solidarity.

Our troops deserve that.

And so do we.

Prime Minister
Stephen Harper
is caught between
a rock and
a hard place



Afrocentric school a bad idea

They say to figure out what the future holds you must begin by looking at the past. The one thing evident in today's society is the diversity — nothing can take that away.

To segregate means to separate people of different races, classes or ethnic groups, as in schools, housing and public facilities, especially as a form of discrimination.

An Afrocentric school in Toronto is the suggested solution to address the startling 40 per cent dropout rate for black students. Who are these 40 per cent? What's the gender distribution? What is their family's economic situation? What do they say are the reasons they dropped out?

The controversial decision to establish Canada's first black-focused public school has been deemed the answer.

The plan, adopted by the Toronto District School Board but opposed by the province, has raised fears the school would further divide an already segregated student population struggling with violence and high dropout rates.

The school, which would be open to all ethnicities, would open in time for the start of the September 2009 school year. Approval for the school came after a narrow vote and months of heated debate and cries of segregation from critics, who say an "Afrocentric" school will open a racial and religious can of worms



Vanessa
Butler

Opinion

in a country that takes pride in its multicultural population.

The school's curriculum and teaching environment would be focused on black history and culture. The project is designed to make class content more relevant for black students in Toronto, in hopes they'll show up and put in some effort.

Premier Dalton McGuinty, in The Record's Jan. 31 issue, said he's against creating a black-focused alternative school in Toronto and won't support it. He says he's concerned many black students won't get the help they need.

What exactly are "black-focused schools?" Would they have students from Jamaica or Kenya? Second generation Canadians? Or only those from the Jane/Finch and Lawrence Heights areas of Toronto? Who gets to decide who attends this "special" school?

Young people raised without a strong family life, without a solid education and without a sense of trust and self-respect will always be at risk of losing their way.

But the concept, a school with more black teachers, a mostly

black student body and a greater focus on black heritage, is a step in the wrong direction, a step toward a greater level of segregation.

I think it's a very dangerous direction to go in if we start creating schools based on race. I don't think any public building, especially a school, should be anything but welcoming to every single kid in the system.

It's said these schools will benefit students by focusing on black history and culture. But this is Canada, and if people live here they should learn the culture, adapt to it and accept it.

I believe the only discrimination that exists is created through initiatives like segregated schools. How are we doing kids a favour by separating them? How will they be motivated to do or perform better?

The new school is going to bring students back to school who feel disengaged from the current education system, but I think by integrating them, the community is actually segregating them.

The colour of your skin doesn't define how you perform in school, what your grade average is or how well you do on the next math test. You control your own destiny. So why should the colour of your skin decide what school you go to? Or how society judges your academic performance? Only you can decide what your destiny should be.

Letters are welcome



Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:
The Editor, Spoke, 299 Doon Valley Dr.,
Room 1C29, Kitchener, Ont.,
N2G 4M4

Spoke

is published and produced weekly by the journalism students of Conestoga College

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An unreliable mode of transportation

Over the past 10 years or more I have, unfortunately, been taking the city bus to get from school to work, back to school and home. Sometimes I find myself hopping aboard more than six buses a day to get to my destination. Lately, I have been more than disappointed with the service I have received from Grand River Transit. I understand that weather can cause havoc to bus schedules and make a bus a few minutes late, however, waiting over 20 minutes for a bus that is supposed to be on time is not acceptable.



Sarah Jaynes

Opinion

the stop early and realizes that he shouldn't be there for another five minutes. I think it is only fair that he sit there until it's the scheduled time.

The bus should also not be early. People cannot predict that, and we shouldn't be forced to get to the bus stop 20 minutes early, just in case.

Another issue is the lack of connection between buses at the terminal areas, where buses are expected to connect at the same time. I myself, like many other Conestoga College students, have to transfer buses a few times whether it is at the Charles Street terminal or at Fairview Mall.

If my bus is late, my next bus is not going to wait for me to get there, meaning that I will have to wait 30 minutes for another bus, which makes me late for school.

I understand that the buses need to leave the terminal on time; however, every bus should be arriving at the same time to make transferring buses possible.

If GRT has to run on satellite time, then that is what they should do. There are way too many people who ride the bus, and way too many people who are late everyday because of it. If I am going to pay \$2.50 every time I get on a bus then I expect it to be on schedule.

If my bus is late, my next bus is not going to wait for me to get there, meaning that I will have to wait 30 minutes for another bus, which makes me late for school.

There are more people then just me who depend on the bus to get them to school and work, and who are not able to be late on a daily basis. On numerous occasions I have found myself cursing at the bus stop because my bus was late. When I got on the bus and expressed my anger in a calm manner to the bus driver, he or she explained to me that it is not their fault and I should expect delays in the cold weather. I can sympathize with tardiness in a blizzard, I really can, but when the sun is shining and the roads are clear, the bus better be at my stop when I expect it to be there.

When the bus driver arrives at

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For more information or nominations forms, contact one of the following committee members:

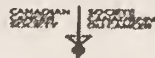
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School of Business – Anna Bortolon.....ext. 3351
School of Engineering & Information Tech. – Kristin Higgins.....ext. 3309
School of Health & Community Services – Mary Elizabeth Roth.....ext. 3913
School of Trades & Apprenticeship – Fred Fulkerson.....ext. 3829

The Chair of the Committee (non-voting) is Edith Torbay, Chair Professional Development

Nominations open on January 15, 2008
Nominations close on March 10, 2008

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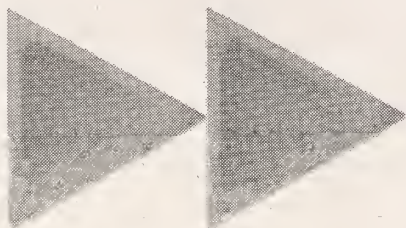
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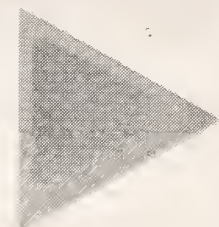
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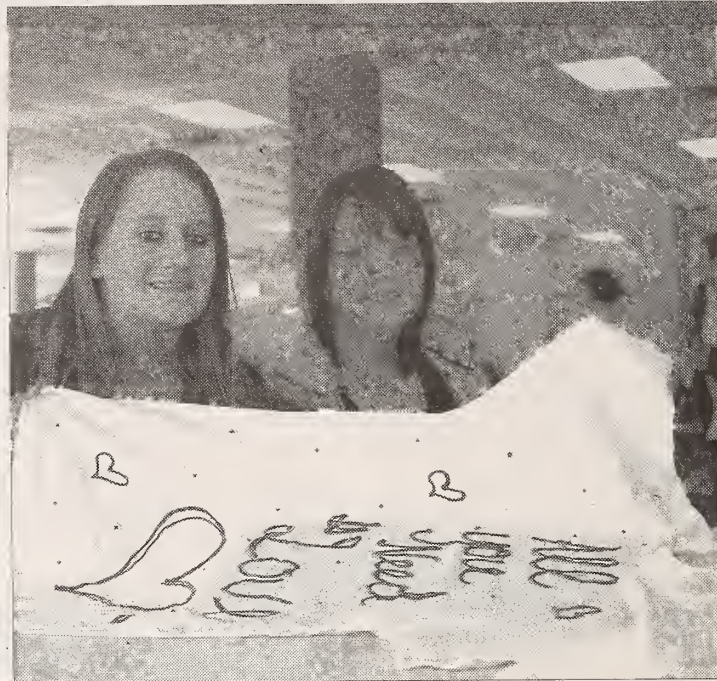
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(Photo by Kerry Reed)

First-year business students Holly Keeling and Lauren Parker, above, and first-year ECE students Nicky Renaud, Celia Jenks and Sara Reis, below, hold up T-shirts made for Project Clothesline, Feb. 7 in the cafeteria.

The T-shirts were displayed in the Student Life Centre, top photo, for Healthy Relationships Week, Feb. 11 to 15. The week raises awareness of violence against women.



(Photo by Wei-Lon Lee)

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By CHARLOTTE PRONG
PARKHILL

Walter Boettger, president of OPSEU local 237, explains. Faculty

Across Ontario, OPSEU needs 40 per cent of the eligible employees

"The college is neutral on this, and part-time employees have the right to associate as they see fit," said Marshall. "Our expectation is that they would not interfere with the daily operations of the college."

A close-up photograph of a hand holding a blue spiral-bound notebook. The notebook has a white label on the front cover that reads 'Kline'. The background is dark and textured.



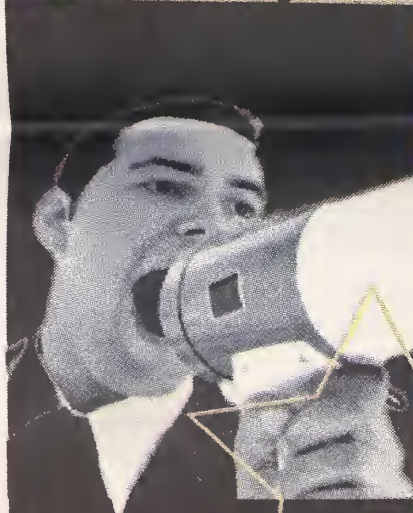
OPSEU wants to have signed union cards from 40 per cent of eligible workers. OPSEU can then hold a vote, and if 51 per cent of those who vote support the union, it would become the bargaining agent for all part-timers.

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Will regional schools go *fry free*?

By KERRY REED

Hungry students can no longer buy french fries or soda pop in high school cafeterias in Quebec. That province's new food regulation, which came into effect January 2008, has the government's hopes up that kids will make healthier food choices. The Ontario government should jump on board and introduce similar regulations in this province, in Waterloo Region and at Conestoga College.

Eating healthy is more than just what you put into your body, it is a lifestyle and a growing trend. Should Conestoga College be following Quebec's example and cut out the deep fryers and get rid of the junk food?

Andy Staveley, the food service director of Chartwells at Conestoga, said Chartwells complies with whatever the government mandates.

"We promote healthy and balanced choices at all of the campuses with cafeterias. We offer On-the-Go food choices with blue stickers meaning the food meets the requirements of limited fat and calories."

Coyote Jacks, located at the Doon campus, has a selection of healthier choices to pick from with each indicating the calories and fat intake. As well, the Pizza Pizza, located at the Doon campus, has copies of nutrition guides to keep or to look at. Also, all the baked goods offered at all the campuses are trans-fat free.

"People always have choices, whether it is buying their lunch at school, bringing their own or going somewhere else to eat," Staveley said. "Since it is a competitive market we have to keep the healthy foods and the convenience foods competitively priced to help keep people eating at the school and hopefully making them make healthier choices."

Marta Cikojevic, a first-year business foundations student, said, "I usually buy my food at school and I generally go for the healthier options."

She said buying her lunch is easier since she does not have time to make it.

Katy Horst, a first-year graphic design student, said, "I always bring a large lunch to school with me unless I have to stay late. I will usually pick up fries because they are addictive and salty and are the same price if not cheaper than healthy foods."

Staveley said, "We make both kinds of food available and it is a personal choice what they choose to buy and eat. I have been here for three years and I can say the requests to see healthier food have increased and is still increasing. We have to stay ahead of the trends."

Robin Lindner, a first-year graphic design student, said, "It is about half and half when I buy and bring my own lunch. I usually buy baked potatoes from the cafeterias."

"Normally I do not buy healthy foods because it is too expensive."

James Bell, a first-year graphic design student, said, "I buy my own lunches and bring them to school. I do not like the cafeteria because it is too expensive for what you get."

The government can mandate certain legislations and schools will have to abide by them, said Bob Cassidy, superintendent of education for the Waterloo Region District School Board,

but, each individual school can decide what kinds of foods in accordance with the legislation can go into their school.

"You need to start somewhere. You cannot ban junk food from stores but you can ban it from schools. Providing healthy alternatives so students can make their own choices is the best thing to do."

Promoting healthy choices is clearly visible in the public schools in Waterloo Region, whether it is through education by hanging posters, announcements and contests or by looking in the cafeterias by the reduction of junk foods and the increase of healthy foods.

About two years ago all soft drinks were banned from elementary schools (normally the schools with Grades 7 and 8). The school board worked with the vending company to approve a list of healthy alternatives instead of soft drinks. Vending machines now carry more natural fruit juices, sports drinks, milk and water.

"I do not know whether or not the government will ban the deep fryers completely from schools," said Cassidy. "It is important to keep the students on school property during the day for safety and supervision reasons. In high schools it can be hard to do, so schools have to provide to some extent the snacks and food the students want to eat."

He said students need to be better educated about healthy food and drink choices in and out of a school setting.

In December the government mandated that there will be no more trans-fats in schools, but Cassidy said although the information was received, so far nothing has taken effect. He expects it to be put into practice in September to give schools time to make the needed changes.

At the Catholic school board in Waterloo the nutrition healthy choices policy was put in place after two-and-a-half years of development by staff, parents, students and the vendors said Bruce Rodrigues, superintendent of student success for the Waterloo Catholic District School Board.

"One item in the policy was that all the cafeterias cannot sell poutine. Poutine was one of the highest selling products with the lowest nutritional value."

"There are also fry free days where all the schools pick a day of the week and they do not sell any fries during that specific day. We added this in the policy in hopes of turning it from one day to two days and so on until there are no days to buy fries."

All the cafeterias and vending machines must follow the Eat Smart guidelines put out by Public Health Ontario.

"We have a sticker system in place on all the food where green means the food is of good nutritional value, yellow is moderate nutritional value and red means there is low nutritional value. Our long term goal is to make the nutritional value 90/10," said Rodrigues. "Any junk food the schools sell is sold in the smallest portion size available. For example, fries are sold in four-ounce containers and soft drinks are sold in 350 millimetre cans. Anything that has a high nutritional value is sold in a variety of sizes."

Ontario students are overweight, said Joanne Willis-Smith, a registered holistic nutritionist

and manager of Fiddleheads Health and Nutrition, 438 Highland Rd. W., Kitchener. "It is a growing academic and it is getting worse before it is getting better."

She suggests

students bring their own lunches to school.

"If students bring their own lunches then they can control what is in their food. They should take smaller snacks to eat every three hours."

"Things like dried fruit, granola bars made with honey instead of sugar, hard-boiled eggs and vegetables and dip will ensure they receive all the nutrition they need during the day," said Willis-Smith.

"It is super easy to have deep fryers in schools but, the high levels of fat and calories are not good for the students who choose to eat the deep-fried foods. Deep frying kills all the natural enzymes the food possesses and makes everything no longer healthy."

"What you eat is a lifestyle, it is not a temporary solution."

Canada is the world's only industrialized country without national student nutrition guidelines.

Like Quebec, several jurisdictions have imposed limits on candy bars, pop and chips.

Nova Scotia's government put in place a policy which eliminated deep fryers, doughnuts, chips, soft drinks and other junk food from schools.

In Manitoba, some school divisions have eliminated junk food from their premises. Edmonton's public school board voted last November to ban the sale of junk food in all schools.

The college will be holding an open forum food committee meeting at 2 p.m. in the new Sanctuary on Feb. 19, at the Doon campus to talk about food-related issues.



Photos by Kerry Reed

Above: Marta Cikojevic, a first-year business foundations student, eats a wrap made at the Doon campus cafeteria.

Left: Hitesh Vyas, a first-year software engineering student, enjoys one of the many convenience foods Conestoga has to offer.

Right: Three vending machines offer junk food as well as healthy alternatives.



Know when to fold 'em

Addictions rise and bankrolls fall in the fast-paced world of gambling

By CHRISTOPHER MILLS

Imagine if you could invest \$40 and within months see it rise to \$2.5 million. Very few, if any of us, would ever pass up such an opportunity.

Such is the allure of gambling, and the introduction of Internet gaming — especially online poker — has only increased temptations in an increasingly fast-paced world.

Accessibility is one of the biggest reasons why Internet gaming can be so addictive.

"Who doesn't own a computer nowadays?" asks John Harrison, a 38-year-old poker player from Ohio. "Why travel hundreds of miles to gamble when you can do it from the comfort of your own home?"

Speed is also a major concern. The games move faster which means money can be lost at a much quicker rate.

"You can play so many more hands per hour and you can play multiple tables at the same time. That is a very dangerous combo for addictive people," says Tony LiCastri, a resident of Streamwood, Ind. and a recreational poker player for more than 25 years. "It's like giving a crack-head 10 crack pipes and telling him to not go nuts. Good luck."

Jan Zacharias, a clinical counselor and prevention specialist with the Problem Gambling Program of British Columbia, says Internet gambling is growing at a rate of 20 per cent per year. It is currently a \$12-billion dollar industry worldwide and is expected to climb to \$21 billion by 2010.

This explosion in popularity can be attributed almost solely to one man: Chris Moneymaker.

In 2003, the Tennessee accountant won a \$39 online satellite tournament at PokerStars.com, guaranteeing himself a seat in the \$10,000 World Series of Poker (WSOP) main event. Moneymaker had never played in a live tournament, but soon found himself in Las Vegas, battling the greatest poker players in the world. Less than a week later, he had lived up to his name, winning the first place prize of \$2.5 million.

Moneymaker defeated a then-record 839 players. In 2006, winner Jamie Gold beat an astonishing 8,773 players to win the same event, a testament to how much Moneymaker's win revolutionized the game.

Millions watched Moneymaker's win on TV and it made them realize that the possibility of winning millions was a few mouse clicks away.

"There is no doubt in my mind that television is the reason for the boom," says Harrison. "Advertising big money payouts and multiple ways to try and get there makes it accessible to virtually anyone. Couple this with the get-rich-quick mentality of any middle to lower class individual and boom!"

Pop culture plays a big role in influencing individuals' behaviour, says Jackie Lemaire, a research analyst with the Addictions Foundation of Manitoba.

"The proliferation of celebrity poker games on TV has probably played a role in the increase in the popularity of these games," she says. "Especially with teenagers and young adults."

Many online poker players are between the ages of 18 and 24.

According to the Centre for Addiction and Mental Health, 6.7 per cent of 18- to 24-year-olds have a moderate to severe gambling problem, the highest rate of any age group. Statistics also show that 5.5 per cent of people in that age group were participating in online gambling as of 2005, an increase from 1.4 per cent in 2001.

"When it comes to young adults, parents or caregivers obviously bear the biggest burden of responsibility for safe Internet usage," says Lemaire.

Parents can use computer blocking devices, keep credit cards out of children's hands and, most importantly, educate their children.

Education is the key. The irony of poker is that it is a game based on odds, yet the odds are what people often ignore. Moneymaker beat hundreds of players in the satellite tournament just to have a shot at millions, and entered the WSOP main event against 1-in-839 odds. That's a miniscule 0.12 per cent chance of winning. Gold's odds were even more astronomical: 0.011 per cent. Players often ignore these odds and the biggest reason is that many people think poker is a game of pure luck; that anyone can win because the cards are random.

The truth is that there is much more to poker than just the cards. The best poker players in the world are not such because they always get lucky. They are the best because they know how to read other players, observe patterns in play and when to play (or not play) the cards they get.

One big draw for online poker is that those with good math skills — and a poor poker face — can try to manipulate the game in their favour. "If you're great at math and playing raw percentages, then you

should make a ton of dough fleecing the dummies out there on the Internet," says LiCastri. "If you play better by playing the person, rather than just doing the math, then you should stick to live games."

"With online poker, it's more about learning betting tendencies, and how people use their limited time," Harrison says.

A lot of amateurs think they are better than they really are. They watch professionals on TV, making it look easy and flawless, and think they can mimic that.

All of this boils down to responsibility. Anyone taking part in gambling-related activities must know themselves, their limits and the odds they face.

LiCastri discussed online poker with friends and set up an account to play for free before playing for money. He sticks to his limits.

"It depends on the individual, but for myself, anything more than an hour or two per day would be too much," he says. "I'd neglect my family and probably myself. I'm not comfortable losing more than \$50 every month or two. I don't have loads of disposable income."

Harrison, who confesses to playing upwards of five hours of online poker each weekday, maintains that limits are essential. Playing a lot doesn't mean one has to let himself get addicted.

"Only spend what you can afford, in both accounts," he says, when asked what is safe and acceptable to spend. "Priorities have to come first. Bills are always paid, extra money set aside, family and friends taken care of. Anything after that is yours to do as you please with."

The Internet has unique qualities that make it much more enticing to gamblers and make it harder to enforce personal limits.

"We have found that Internet gambling, including online poker, has unique characteristics which can be argued to be more psychologically enticing than other forms of gambling," Lemaire says. "For example, Internet gambling allows individuals to gamble in a safe and comfortable environment, affords greater anonymity, is preferred for those who enjoy solitary activities, is highly accessible and it allows for online gamblers to play under the influence of alcohol or drugs."

Anonymity is a big factor. When sitting at home, there is no accountability. Casinos are obliged to watch for problem gamblers and cut them off if they witness someone with addictive tendencies. When playing with friends, the results are the same; the individual is held accountable for his losses and decisions.

Another concern is the fact that players are playing with virtualized money. When players have tangible chips in front of them, they think more about their value. Online, all it takes is a click of the mouse, so more (potentially bad) decisions are made in haste.

In an article entitled Internet Gambling: Is It Worth the Risk, Zacharias says "gambling with electronic cash tends to diminish

its value ... people typically spend more on credit and debit cards because there is less psychological impact using plastic as opposed to cash. Using credit systems can disguise the true value of the money wagered and makes it easier to gamble winnings."

This also makes it easy for websites to commit fraud. If players gamble and win, and don't receive their money, there is no action that can be taken since online gaming is currently illegal. Most credit card companies already prevent their customers from using their plastic to gamble online.

The Criminal Code of Canada states that Internet gaming is illegal unless it is conducted or managed by the province.

LiCastri, a U.S. resident where Internet gambling is also illegal, disagrees.

"As long as the individual is of legal age, it should be legal," he says. "The sites should pay a higher rate of tax to compensate for the Internet's enormous accessibility, but I see no reason for it to be outlawed."

Harrison said no excuse, even addiction, is good enough to ban it.

"Why should we allow anyone to take away freedoms?" he asks. "It's about personal responsibility. Everyone has the power of choice. It's no different than television. If a program offends you, or is not suitable for say, your children, then turn it off. The same can be said for gambling. If you can't afford to do it, then don't. If you choose to continue, then you pay the price for any results. Don't blame someone else because you made poor choices."

Some, like Josh Kortleve of Cambridge, feel that government restrictions on Internet gaming are not a regulatory precaution, but a cash grab; a way for governments to make sure they profit from any gambling that is done.

"The government wants to restrict private gaming to encourage public use of government-run gaming," he said. "That goes against a free market."

Kortleve was born with Duchennes muscular dystrophy and is confined to a wheelchair. Spending an evening at the casino is rarely, if ever, an option for him.

Unfortunately, there is little evidence right now for the government — or anyone else — to make an informed decision about online gambling legislation.

"If legalizing this activity is going to be helpful, than this option would be preferred to no action or no legal prohibition, but the government will need to have enough information to be satisfied that there is a need to regulate the industry," Lemaire says.

But Lemaire emphasizes that when gambling, the onus of responsibility always lies with the individual.

To find out how you can gamble responsibly, visit www.responsiblegambling.org.

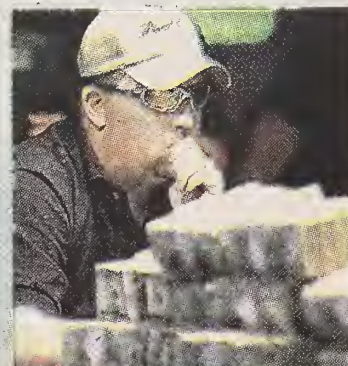
For help with a gambling addiction, visit www.gamblersanonymous.org and look for a meeting in your area.

TIPS FOR GAMBLING RESPONSIBLY

1. Don't think of gambling as a way to make money. Treat it like entertainment.
2. Always gamble with money you can afford to lose.
3. Set a limit for how much you can spend. Do not exceed it.
4. Set a time limit and stop immediately once reached.
5. Never chase losses. If you lose, take a break and come back later. Do not attempt to win back your money immediately.
6. Don't gamble when depressed or upset. Gambling takes a clear head for good decision-making.
7. Balance gambling with other activities. Never let gambling take the place of social activities, time with family or obligations.

SIGNS OF PROBLEM GAMBLING

1. You gamble more than you can afford.
2. You attempt to recoup your losses by gambling even more.
3. You feel guilty about gambling.
4. You have experienced health problems, including stress and anxiety as a result of gambling.
5. You borrow money to gamble.
6. Your gambling is taking time from other obligations.
7. People have said you have a gambling problem, whether you agree or not.
8. Your gambling is causing financial or relationship problems.
9. You need to gamble increasing amounts of money to get the same feeling of excitement.



(Internet photos)

Above: Chris Moneymaker contemplates his move, moments before winning the 2003 WSOP main event and \$2.5 million.

Below: Jamie Gold poses with a large pile of money — \$12 million in total — after winning the 2006 WSOP main event.



(Internet photo)

In the world of Internet poker, there are no people, just icons.



(Photo by Franca Maio)

Megan Scheeringa, a second-year general arts student, looks at pictures of Johnny Depp and Marilyn Monroe at the poster sale on Feb. 4.

Posters galore at sale

By FRANCA MAIO

Looking around your room, you notice the walls need a little life. Fortunately, the Imagus poster sale was being held on Feb. 4 in the Sanctuary.

Hundreds of posters were on display, featuring Hollywood stars, Paris at night and everything in between.

Posters sold for approximately \$6 to \$30.

Maria Popoli, a second-year hearing instrument specialist student, said she chose to check out the poster sale after reading about it in Spoke.

"There a few posters I am interested in getting to decorate my apartment," she said.

Megan Scheeringa, a second-year general arts student, said she went to the poster sale because she likes to find new pictures to put on the walls in her room.

"The posters they have here are really unique and they are really good accent for your room," she said. "You can pretty much find a poster for anybody."

Scheeringa said the last time she was at the sale, she purchased posters of all her favourite bands such as AC/DC and Guns and Roses.

Nicola Teglaz, a first-year marketing student, said she was on her way to get something to eat when she saw the poster sale.

"There was a poster I was looking at," she said. "It was of Grace Kelly. The champagne one, I have been looking for it, forever."

She said she isn't a huge Grace Kelly fan, but she loves the picture.

Jessie Desroches, a first-year marketing student, said she came to see all the different Johnny Depp posters for sale.

She said she was looking for a black and white one of the actor to decorate her room.

Learning how to network

By JENN SPRACH

Office administration students can boost their resumes by joining the International Association of Administrative Professionals student's chapter (IAAP).

IAAP is a worldwide, non-profit association dedicated to promoting professional excellence through education, training and networking, said Linda Noble, co-chair of the Grand River chapter.

"It's an association which turns jobs into careers," said Noble. "It polishes you."

It's good for students to get involved because they help them find job possibilities, co-op placements and get their name out in the field.

"We're more than willing to help our future admins," said Noble, adding, "We're a big pool of expertise."

Students can call and ask questions about things, if they're unsure, said Noble.

"You will learn things in IAAP that you won't learn in school."

"The more you put into something, the more you get out of it."

*Linda Noble,
co-chair of the Grand River
chapter, IAAP*

If students want to gain experience they can get involved in helping organize some of the Grand River chapter's events.

"The more you put into something, the more you get out of it," she said.

Members of the student chapter are more than welcome to attend

all of the Grand River chapter meetings.

"We're the sponsor for the Conestoga College student chapter."

Students should get involved with the club because it's an excellent networking opportunity, said Kelly Ferguson, a member of the student chapter.

"We discuss what we should be learning in class to keep our skills up-to-date."

Every other month the chapter brings in a guest speaker to give tips on working in the field.

"It's helping me advance in my career," said Ferguson. "It will give a little bit of an edge on my resume."


If professionals see a student is a member of IAAP, they take them seriously.

Anyone interested in joining the IAAP student chapter can drop by Room 2D18 on Feb. 21.

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Plenty of ways to exercise at the rec centre

By AARON O'CONNELL

Students may be aware of free access to the fitness and weight rooms, but what they might not know is that there's other activities available at the recreation centre.

Playing squash or shinny hockey, attending open skating and joining pilates or even dance mix classes are among the many activities available to students with a student card.

If you're interested in using one of the two squash courts you will need to book in advance. The time slots are 40 minutes long and squash racquets, balls and goggles are available at the front desk free of charge.

Athletic director Marlene Ford said there is open basketball on Monday from 3 to 6 p.m. as well as Friday from 1 to 6 p.m. and they set up badminton nets also usually during these times for those who want to play a friendly game.

If you have full hockey gear then you can come to the rec centre for a game of shinny from 2 to 4 p.m. every Monday and Thursday. Or if you are just up for a pleasant skate you can lace them up every Monday from 12 to 2 p.m. during the open skating session.

Among the popular classes students can join for free is the new dance mix. "It's a mix of Latin, jazz and hip hop," said Ford.

"There's a lot of dance cardio, warm-ups and just kind of fun rehearsals and combinations." The class runs from 6 to 6:50 p.m. every Tuesday.

Also popular are the pilates classes at 5:30 to 6:20 p.m. on Monday and 5 to 5:50 p.m. on Friday. "It's at its peak right now. We've had classes with 20 to 25 people when we are used to having two or three," Ford said.

"It is busy in the rec centre right now with new students coming in ... everyone's trying to get lit and start working out, but we encourage the students to use it to their advantage," Ford said.



(Photo by Aaron O'Connell)

A player returns a serve in one of the squash courts at the rec centre.

Condors winless at hockey tourney

By JOSHUA KHAN

Despite their effort and strong play, the Conestoga men's extramural hockey team failed to pick up a win at a Feb. 11 tournament.

Held in the recreation centre, the event showcased eight teams from across Ontario, including Fanshawe College, Canadore College and Humber College.

At the beginning of the tournament, Conestoga looked poised to succeed and move up through the standings. However, the Condors faced some stiff competition.

Conestoga took the lead in their first game, against Canadore College, but then the Panthers turned things around and delivered a blow, winning 4-1.

In their second game, the Condors were matched up against Fanshawe College. Throughout the three periods of action, both teams played with a lot of intensity. Body checks were delivered, battles for the puck were frequent and neither team could stay out of the penalty box. Taking too many penalties became the deciding factor in the game as Fanshawe ended up winning 3-2.

The winners of the tournament were Niagara College as they defeated Humber College 4-0 in the finals.

The incredible talent in the tournament definitely was a problem for the Condors and other unsuccessful teams. Most of the close games showed that each college



(Photo by Joshua Khan)

Despite their competitive spirit, the Conestoga men extramural hockey team failed to get a win. The Condors lost 4-1 to Canadore College in their first game and then lost 3-2 to Fanshawe.

had brought their best players, and everyone competed with a lot of heart.

With such talent and skill on display, it's difficult to understand why there aren't any college varsity hockey teams in Ontario.

Marlene Ford, Conestoga's athletic director, said despite a lot of strong extramural teams at the tournament, varsity teams shouldn't be expected anytime soon.

"When there was varsity hockey, the league started to grow smaller each year, because of the cost to run the program," she said. "If it is to ever start up again, it will be a tournament sport, just like the extramurals is now."

The competition, however, will stay the same. Extramural tournaments have given college hockey

players a chance to play the sport they love at a competitive level.

Chris Bond, a member of the Canadore College extramural hockey team, said tournaments like these are a good experience.

"A tournament like this one definitely shows you have to be able to step up every game," he said. "You can win your first game but there's still the chance your team can get knocked out."

"But the thing that really hurts teams in a tournament so short is the bench, because eight players are not enough."

But don't count out the Condors just yet, as the men's team has one more tournament left this season. The competition will start up again at the Chatham campus of St. Clair College on March 8.

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Aries

March 21 - April 19

It's been a long semester and if you're planning a trip consider exploring England, Germany or Poland. Don't rent a car, travel on foot, train or bus and you're more likely to have new experiences and be impulsive.



Taurus

April 20 - May 20

You are a homebody, but staying home this break will not be beneficial. Get out of town with a lover or friend and go shopping. That item you just can't seem to find will be found. Be carefree in your spending for the ultimate results.



Gemini

May 21 - June 21

For the break avoid taking an airplane; opt for a cruise or road trip instead. Geminis are prone to accidents when flying. Stick to the ground or water and you'll return from the trip unharmed with unforgettable memories.



Cancer

June 22 - July 22

Stop saving and spend for a change. Cancer rules New York City so take a trip and do some shopping over the break. With the exchange rate the way it is you'll get the best bang for your buck.



Leo

July 23 - August 22

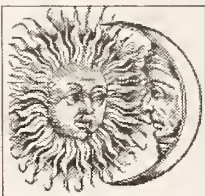
Spending too much time laying on the beach or curled up in bed on the break will cause back problems for you this week. Be active or get a massage to help work out stiffness so you can focus on more important things like partying at a hot spot.



Virgo

August 23 - September 22

For a new positive opportunity you will have to step outside your nature and chase a foolish venture. Don't be afraid to break your budget and you will reap the ultimate benefit. Taking chances can result in good things too.



Jennifer Sprach is a third-year journalism student holding fate in the palm of her hand.



Libra

September 23 - October 22

Libra's love the social life. Spend your time away from school checking out hot spots in Niagara Falls and Toronto. You will meet lots of new people with similar interests. Hit the clubs to satisfy your thirst for activity.



Scorpio

October 23 - November 21

Scorpio is a very passionate sign and rules the genitals. You are a very sexual individual but stay away from one night stands this week or you may have an ugly reminder and no phone number.



Sagittarius

November 22 - December 21

If you are planning to travel over the break stay away from places with political problems or risks of forest fires. Sagittarius has been known to have accidents involving fires or explosions while traveling.



Capricorn

December 22 - January 19

Capricorn's rule Montreal, so take a trip there. Experiencing the culture in another area of Canada will be enlightening. Indulge in food, wine and activities with some locals for the full experience. You may not want to leave.



Aquarius

January 20 - February 18

This week you will finally have the time to work on a project which you just can't seem to finish. Attack it with diligence and you'll be happy it's out of the way. Go to dinner with close friends to relax after conquering the task.



Pisces

February 19 - March 20

You will be on a lucky streak so hit up the casino to get some extra cash. If you get too greedy you'll end up in the red. Only take the amount you wish to spend with you and leave all debit and credit cards at home just to be safe.

Eyes are the soul's portal

By JACKIE ALLWOOD

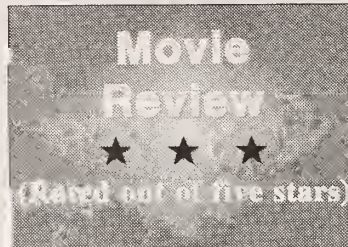
"How can you believe your eyes when they're not yours?"

The Eye, a remake of the Hong Kong horror film Jian Gui, recently hit movie theatres. In the style of such Asian remakes as The Ring and The Grudge, The Eye is a pulse-pounding, edge-of-your-seat ride.

Jessica Alba plays Sydney Wells, a woman who has been blind from childhood. She is given the chance to see again through a corneal transplant, but what she encounters after is anything but a blessing.

Wells is haunted by sights of Death capturing souls and dragging them away from the living world. On the brink of insanity she makes it her mission to find whose eyes she inherited and what secret visions they have held.

Alba's role in this film is different from previous roles in Fantastic Four, its sequel Rise of the Silver Surfer and her ultra sexy role in Sin City. In this movie she plays the role of a violinist for an orchestra



who is classy, young and conservative, which adds to the dramatic sense of the movie.

The plot is broken into pieces with moments that made me jump and grab the sides of my seat. It's a strong thriller at the beginning but becomes more dramatic and heart touching near the end of the film.

Although it kept my interest for the first hour, I felt the story became tiresome and the adrenaline rush stopped when I started anticipating what was going to happen next. I found the filming a little blurry and the lighting dark at times, with most of the action happening at night.

I think the trailer for the movie

heightened the excitement and didn't give much of the story away, leaving you wanting more. Unfortunately, movie-goers ended up getting less.

The Eye isn't for everyone, but if you're the type of person who likes to get into story lines with the occasional jump out of your seat thrills then The Eye is definitely for you.

JESSICA ALBA
THE EYE

(Internet photo)

Mingle at K-W gallery

By VANESSA BUTLER

The K-W art gallery is giving students one more reason to look forward to Friday nights.

Friday night @ KW|AG is a weekly event that began Feb. 8 and runs from 8:30 p.m. until 12:30 a.m.

The gallery invites all those who are 19 and over to come and enjoy an evening of something a little out of the ordinary.

Mix and mingle in a setting like no other while enjoying the gallery, music, food and friends.

The gallery is describing the event as after hours for the curious and creative.

On Feb. 8, live music was provided by award-winning singer and songwriter Tiiu Millistver, who has roots in Ottawa, Toronto and Guelph. Her songs have been described as honest and unpretentious. Millistver has been featured on CBC Radio 3 and is set to release her first full-length album in 2008.

Another act was DJ Mouth. Tristan D'Nightway, a.k.a Mouth, began his career underground playing drum and bass music at night-clubs and raves. What set Mouth apart was he played music rarely heard on the radio. He demonstrates there is more to life than Top 40.

The guest artist of the evening was Lisa Littlefield, a floral artist and part owner of Kitchener's Les Fleurs Floral Boutique, who talked about non-traditional floral arrangements.

Tickets for the Friday night events are \$15 in advance and \$20 at the door. The K-W art gallery is located in The Centre in the Square.

For more information call 519-579-5860 or go to www.kwag.on.ca.

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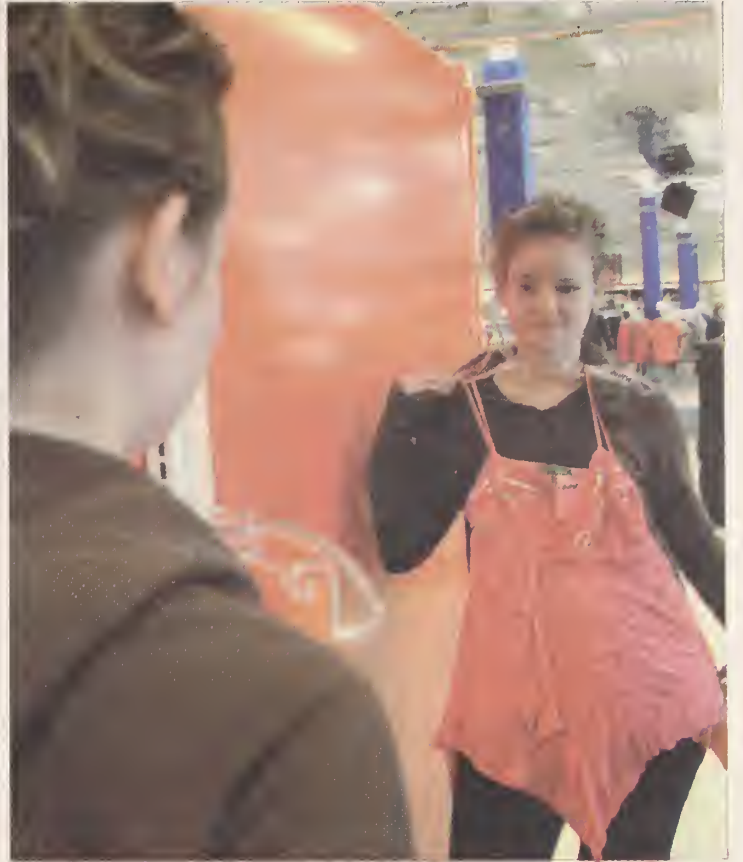
Logos for venues: The Beat Goes On, DNA, The Circus Room, The Boathouse, The Duke, The Hether Hotel, The Centre.



(Photos by Marcia Love)

Above: Amber VanderHeide, a first-year nursing student, browses through racks of clothing at Talize in Kitchener. She said she normally buys her clothing brand new.

Right: Danielle Dekker, a first-year nursing student, found something she liked at Talize. She said she has never shopped at a discount store before.



Save some money and shop vintage

By MARCIA LOVE

You may not know it yet, but there could be a pair of designer jeans in your size, and for half the price of a new pair, waiting for you at a local thrift store.

Living on a student budget and enjoying the occasional shopping spree can be a tough mix, but there are ways to find the clothes you love and save money at the same time.

Discount stores such as Value Village and Talize have thousands of gently used items arriving everyday for significantly lower prices than retailers selling new items only.

However, many students choose not to take advantage of deals offered at discount stores, prefer-

ring to buy the latest styles.

Irene Niemela, manager of Value Village in Kitchener, said not as many students shop at the store because they believe they will find more stylish fashions at higher-end stores.

"Younger people are in competition with each other for the most stylish clothes. They are trying to keep up with the Joneses, and they don't think they can do that at Value Village."

Josh Wisniewski, a third-year robotics and automation student, said he has browsed discount stores

but generally hasn't found what he is looking for.

"I look (in discount stores), but I tend to go to stores like Mark's Work Wearhouse or Wal-Mart," he said. "Sales and deals don't really affect me. I usually pick what I like regardless of the price."

Wisniewski said he normally spends between \$50 and \$80 on a pair of jeans.

Amber VanderHeide and Danielle Dekker, both first-year nursing students, recently browsed Talize and said they found a couple of items of clothing they liked.

"I've never bought clothes from

discount stores, but my sister and brother do," Dekker said. "I normally spend up to \$20 on a T-shirt and up to \$50 on jeans."

VanderHeide said she has also never bought clothes at discount stores because she doesn't buy a lot of clothes.

"When I do buy clothes I want to buy new so that they will last me a long time," she said.

Dekker and VanderHeide both said sales and deals definitely encourage them to buy certain clothing items.

Niemela said it is not just the incredible prices at discount stores that satisfy customers, but also the thrill of the chase.

"You never know what you'll

find," she said. "There are so many treasures here to find if you're willing to take the time to search for them."

Niemela said discount stores also allow people to be unique and individual in their purchases by finding something no one else could.

She said Value Village is a great way for many students to find the vintage styles they love.

On top of the lower prices discount stores offer, many of them also support charities.

"A percentage of purchases at Value Village go towards the Ontario Federation of Cerebral Palsy," Niemela said. "We make millions a year for charity while offering customers great sales."



(Photo by Sarah Jaynes)

In a winter wonderland

Two men carve ice sculptures for the annual Winterlude that runs from Feb. 1 to 17 every year in Ottawa. The sculpture contest runs the first weekend of the event and features professional and amateur carvers. It is judged by a panel of experts except for a People's Choice Award.

Beat the Blues

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- * Free Snacks
- * Music
- * Light Box
- * Handouts on Seasonal Affective Disorder

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